

# Treasure Valley Physical Activity and Nutrition Coalition

## Reference Guide

The Treasure Valley is tremendously fortunate to have several networks of passionate and engaged partnerships. Please use this Guide as an introduction to the mission, vision and opportunity to get involved in the work to help make the healthy choice the easy choice for our community members.

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### Action for Healthy Kids- Idaho Chapter

**Goals:** Provide local opportunities for Idaho parents, teachers, school leaders, and community members to get involved through seven regional teams across the state. Equip leaders with Action for Healthy Kids resources that engage parents and students as advocates for healthier schools.

**Key Activities:** Promoting Fuel Up to Play 60, Parents are the Power, and encouraging school breakfast and recess before lunch in schools.

**Website:** [http://take.actionforhealthykids.org/site/Clubs?club\\_id=1120&pg=main](http://take.actionforhealthykids.org/site/Clubs?club_id=1120&pg=main)



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### Activate Treasure Valley

Activate Treasure Valley is a regional, multi-faceted healthy living initiative that encourages people to *Get Activated* by eating healthier and moving their body with physical activity every day. ATV works with a variety of partners, including Pacific Source, Albertsons and the YMCA to explore traditional, new and unconventional ways to increase activity and healthy eating awareness. Currently there are more than 100 partners supporting the ATV work, mission and vision.

**Mission:** We are dedicated to helping the Treasure Valley achieve healthier lifestyles through education, motivation, facilitation, and long-term collaboration with community partners.

**Vision:** We are a partnership, working as a catalyst to reverse Idaho's obesity and inactivity crisis and make the Treasure Valley a model for active living and healthy eating in America.

**Key Activities:** Community Education and Motivation; Quarterly Networking Breakfasts for Partners; Activity Events (such as our Zumbathon); Healthy Initiatives (such as promotion of stairway use)

**Website:** [www.activatedtreasurevalley.org](http://www.activatedtreasurevalley.org)



## Be Outside, Idaho!

**Mission:** To connect children with nature in Idaho from backyards to mountaintops.

**Vision:** To collaborate with private and public partners to empower all Idahoans to lead healthy lives by developing a sense of place in Idaho's outdoors.

**Key Activities:** Unplug and Be Outside Week, Outside Day, production of a year's-worth of television news stories about the importance of getting children and families outdoors

**Sub-Committees:** Arts, Communications, Education, Government, Finance, Health, Partners

**Website:** <http://www.visitidaho.org/children-in-nature/>



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## Heathy Eating, Active Living (HEAL) Idaho

A statewide network of partners and stakeholders that have an interest in health outcomes in their work incorporating healthy eating and active living to improve the quality of life for all Idahoans.

**Purpose:** to create an environment where all Idahoans understand, value and have access to healthy food options as well as places and opportunities to be physically active to improve their health and well-being.

**Vision:** all Idahoans have access to healthy food options, active lifestyles, and improved personal health and wellness supported by a coordinated statewide infrastructure.

**Key Activities:** Development and maintenance of the HEAL Idaho Framework, Quarterly Meetings

**Website:** [www.healidaho.com](http://www.healidaho.com)

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## Let's Move Boise!

An affiliate of First Lady Michelle Obama's, the Let's Move Initiative was created to mobilize cities around the country to reduce childhood obesity by increasing physical activity and access to healthy food. Newly reorganized, the Let's Move Cities Towns & Counties is now coordinated by the National League of Cities.

**Key Activities:** Developing and promoting community events such as free Grow a Row seed packets and gardening instructions, Open Gym Days at local schools, \$1 Skate Day at Idaho IceWorld and discount admission day with zoobics activities at Zoo Boise.

**Sub-Committees:** Child Care Best Practices in Nutrition & Physical Activity, Access to Healthy Foods, Healthy Food in Schools, Physical Activity. We are partnering with local hospitals and health providers on a system to gather data about health indicators in children in the City of Boise.

**Website:** <http://www.letsmoveboise.com/>

